

# Kay Carl Elementary School

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## Flying by!

Time is simply flying by and we are more than halfway through the school year. Testing season has started and will continue through the end of the year. Please watch for information regarding testing and your student from your child's classroom teacher.

## Fifth Grade Folklore



Happy February! As we dive into this month of love and learning, 5th grade wanted to share some exciting highlights from our wonderful grade level. February is not just about Valentine's Day; it's also a time to spread kindness and warmth. Our students have been participating in various activities to show appreciation for their classmates and teachers. The hallways are filled with colorful displays of friendship and positivity!

**Math-** Our classrooms have been buzzing with curiosity and creativity! It's heartwarming to witness their enthusiasm for learning every day. This month we are exploring adding, subtracting, multiplying, and dividing fractions in math. Fractions are a real world skill so here are some ideas to learn at home!

**Cooking Adventures:** Turn your kitchen into a math lab! Involve your child in cooking or baking, and ask them to help with measuring ingredients.

Challenge them to adjust a recipe for a larger or smaller serving, understanding how fractions play a crucial role in these adjustments. **Shopping with fractions:** Bring fractions to the grocery store! Give your child a shopping list and challenge them to calculate the fraction of the total cost each item represents. It's a practical way to apply their fraction skills while also learning about budgeting. Please continue to have your student work on mastering multiplication and division fact families!



## Upcoming Events

### February 9

Progress Reports: check IC

### February 12

Crystal Palace 4-8 p.m.

### February 13

SOT Meeting @ 3:45 p.m.

### February 15

Family Dance 6-8 p.m.

### February 19

NO SCHOOL: Presidents' Day

### February 23

Progress Reports: check IC

### February 26

U-Swirl 12-10 p.m.

### March 4

Soda Spot- all proceeds support the Drama Dept.

## Highlights in this Issue

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Social Studies: This month in our social studies classrooms, students have been immersing themselves in the rich history of the 13 original colonies that laid the foundation for the United States. From the bustling streets of Boston to the agricultural landscapes of the Southern Colonies, our young historians have been uncovering the unique characteristics and contributions of each colony. Great American Award Challenge, how is your student doing on the 6 categories? The challenge ends on May 3rd!

## First Grade Fairytale

In First Grade, February is a busy month for us! We will be focusing on shapes and fractions in math and the great outdoors in reading. We will be celebrating Valentine's Day, the 120th day (on February 16th), and Reading/Kindness week. Continue to read daily with your child and discuss what the book is about.



## Preschool Picture Book



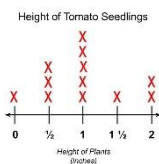
This month Mrs. Allen's preschool students who are going to kindergarten will continue coming in and writing their names on their own. Please keep practicing this skill at home, they need lots of practice! Students also need to be practicing scissor skills at home. Our themes this month will be focusing on learning about Teeth, Health/Nutrition, and Shadows.

## KIDS Mystery

In the KIDS program we are starting to get ready for kindergarten! We are working on beginning word sounds, and some of us are starting to read 3 letter words! Our fine motor skills are improving so much, we are doing so many fun crafts and games! We love numbers and counting, but we are starting to love shapes too! We know many different kinds of shapes, and we are putting them together to make objects. We're very independent and showing it by cleaning up after ourselves, opening our own food, and even helping others. Learning how to be a good friend is hard, but we are doing it every day! School is so fun!

man	lad	nap
pan	pad	bar
van	cap	car
cab	map	jar
tab	tap	web
dad	gap	wed

## Fourth Grade Fantasy



In 4th grade for math, we are currently learning about line plots. This includes creating a number line with fractions and plotting the frequency on the numberline. In reading, we are currently working on informational text. This includes inferencing, figurative language, and making claims. In Social Studies, we are continuing our journey through the Territories of the west that will soon lead us to the statehood of Nevada.

Fourth grade is looking forward to our upcoming field trip in March to the Smith Center! We will be watching "Frindle", a book we are currently reading! We also received verification on the Grand Canyon field trip! This trip has limited spots. More information will be coming soon for this May trip.

## Second Grade Short Story

Second grade is cruising along and eagerly continuing to study our standards. In reading, we have been learning dialogue and how to properly use quotations. We are also focusing on point of view and perspective as well. Please encourage your child to read for at least 20 minutes each day and encourage them to take their AR (Accelerated Reader) tests on the books that they are reading. In language, we are learning prefixes and suffixes. Students will be picking an important person to research and are going to be starting their papers this month for writing. In math we wrapped up our measurement unit and have started working on our Graphing and Data Unit. Students will work on a graphing project where they



will come up with their own survey questions and collect data from their classmates. They will use this data to make a bar graph, pictograph, and answer data questions. The project will be their summative grade for graphing.

## Kindergarten Literature

How is your kindergarten student doing with these life-skills?



### Kindergarten Life-Skills Checklist

#### Bathroom and Self-Care

- Can flush the toilet
- Can tell how much toilet paper to use
- Can understand the importance of washing hands
- Can give others privacy (when bathrooms have more than one stall)
- Can blow nose correctly

#### Clothing

- Can get dressed independently
- Can button, snap, and zip clothing
- Can take off a jacket or sweater
- Can tie shoes

#### Mealtime Etiquette

- Can open and close lunch containers
- Can open straws, milk containers, and juice boxes
- Can use utensils and not play with food
- Can use napkins to clean hands and wipe face
- Can sit down when eating

#### Social Skills

- Can listen when someone is talking
- Can keep hands to self
- Can share and express feelings
- Can manage emotions with words

#### Routines

- Can follow a daily schedule
- Can follow a bedtime routine
- Can make it through the day without a nap
- Can finish eating lunch in 30 minutes



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## News You Can Use

### February Table Topics

Here are a few table topics to get your family talking all about the USA.

- Which three states have the shortest names? (Ohio, Iowa and Utah)
- If you could visit Disneyland in California or Disneyworld in Florida, which one would you choose? Why?
- How many states border Missouri? Which ones border the state? (8- Kansas, Iowa, Illinois, Arkansas, Tennessee, Nebraska, Kentucky and Oklahoma)
- Did you know that the largest underground cave in the USA can be found in Kentucky? It's the Mammoth-Flint Cave System.
- What is the longest continuous river in the USA (Mississippi River)
- How many states start with the letter C? (3- Connecticut, Colorado and California)
- Which state is a peninsula? (Florida)

Source: [growingbookbybook.com](http://growingbookbybook.com)



## Third Grade Thriller

We need your help!

# HELP

In 3<sup>rd</sup> grade we are learning our multiplication facts 0-10. Each day we practice for our Friday test by playing games, singing songs, and taking a daily practice quiz. Each student has been given their own set of flashcards to use at home but many students are still struggling to master their facts. When you see a 3<sup>rd</sup> grader, please ask them a multiplication problem. These multiplication facts need to be memorized by the beginning of 4<sup>th</sup> grade. We will also be starting our unit on Fractions. Invite your child to help cook while paying attention to the measurements being used – which is the largest, the smallest, and the order of the measurement cups.

## ECSE Edition



In February, ECSE will begin a sign study. Why do we need signs and what information can they tell us? We will take walks around the school to look for signs (i.e., exit, bathroom, numbered classrooms, etc.). In our Dramatic Play area, the students will have the opportunity to build a zoo and add signs to let people know what animal lives there. We are also excited to celebrate Valentine's Day with our friends.

## Goldilocks' Guide

### Remember the three keys to discipline



Families and educators agree that discipline helps students learn and contributes to a positive learning environment. The main goal of discipline is to help children learn from poor choices and make better choices in the future—and the best place to learn it is at home. To help your child learn from discipline:

1. **Remain calm.** Giving in to an urge to yell at your child teaches that it's OK to lose control when upset.
2. **Be consistent.** It doesn't take long for your child to learn whether you really intend to enforce rules. Give in just once to letting your child skip chores and you'll have a battle every day. Set rules and consequences you can consistently enforce.



## Announcements

### Acknowledgements

Thank you for all of your support for our recent fundraisers. We are thankful for the wonderful community that we have surrounding us. The monies raised will be used for student incentives and events, A.R. prizes, etc.

- U-Swirl (October)- \$42.45
- U-Swirl (November)- \$36.82

### Was your child absent?

If your Kay Carl Champion was absent, please submit the attendance note via our website: [kaycarl.net](http://kaycarl.net). There is a bright pink button on the front page. You will fill out a Google Form and you are even able to upload notes from your child's doctor. You can also prearrange an absence when completing the form.

### Read-a-thon

Check with your student about this year's Read-a-thon!

3. **Focus on behavior.** Instead of criticizing your child, describe your child's behavior: "It was your sister's turn to use the computer and you wouldn't quit playing your game." Then, offer a reminder of the rule and of the consequence.

### Focus on fitness to boost test performance



Studies show that children who are fit are more alert than their less active classmates. Fitness is also linked to improved performance in math, memory, attention and speed completing tasks. While physical fitness should be a year-round concern, your child can do some things to boost test-taking fitness.

Encourage your child to:

- **Get a good night's sleep** before the test. Staying up late studying increases anxiety, which interferes with clear thinking.
- **Eat for success.** Aim for a breakfast high in fiber and low in added sugar. A hard-boiled egg and a banana is a fast and easy breakfast option.
- **Move around before the test.** Physical activity increases the flow of oxygen to the brain and boosts performance.
- **Relax.** Nervous students tend to forget what they know. Demonstrate deep breathing exercises to help focus the mind.
- **Wear comfortable clothes.** Pants shouldn't be so tight they distract your child or impede breathing. Your child should also dress in layers to avoid getting too hot or too cold.
- **Drink plenty of water** to keep the brain alert.

Don't forget to hug your child on test day. This will increase a sense of well-being and boost energy.

Source: L. Chaddock-Heyman and others, "The Role of Aerobic Fitness in Cortical Thickness and Mathematics Achievement in Preadolescent Children," PLoS ONE.

### Are you teaching your child to use time wisely?

The second half of the school year is well underway, so now is a good time to take a few minutes to think about whether you're helping your child use time wisely.



Answer yes or no to each of the questions below:

1. **Have you reviewed** your child's study habits and made adjustments as necessary?
2. **Do you use** your family calendar to record dates for tests, projects and family commitments?
3. **Do you try** to keep a balance between your child's schoolwork and the rest of your lives? Elementary schoolers need plenty of time for exercise, family and sleeping.
4. **Do you help** your child break down big assignments into smaller chunks?
5. **Do you make** sure that your child has some time each day for pleasure reading or relaxation?

**How well are you doing?**



Each yes means you are helping your child learn to use time wisely. For no answers, try those ideas in the quiz.

## Inside Edition



This year's yearbook is a Signature Series Hardcover bound with 72 pages for \$26, if purchased before March 31, 2024. NOTE: Purchases made after 3/31/24 will be subject to different production and delivery schedules and will cost \$30. Use this link to purchase your student's yearbook today: <https://link.entourageyearbooks.com/my/kaycarl2024>

## Science Book

### What's Happening in Science Class!!!



We have been really busy exploring, discovering, and challenging ourselves to emerge in the worlds of **Earth Science** and **Life Science** for all grade levels. Kindergarten students have been studying **Weather** and will begin designing their own structure models to help with protection from the sun and wind. First grade students have been exploring **Spinning Earth** and discussing the movement of the earth to create a day and a year. Second grade students have been discovering **Changing Landforms** and will begin exploring various types of rocks and reading/creating maps. Third grade students have been engaged with **Environments & Survival** and have become biomimicry engineers. Fourth grade students are studying **Earth's Features** and exploring sedimentary rock models. They also got to explore excavating fossils with chocolate chip cookies... Yum, Yum!!! Fifth grade students are exploring **Earth's Systems** by designing illustrations to represent the Water Cycle and the Earth's spheres. WOW, we really have been busy and engaged in our learning!!!!



Upcoming topics include: Kinder through 2nd grade- Engineering Practices, 3rd grade- Weather and Climate, 4th grade - Energy, and 5th grade- Ecosystem Restoration.

As always, if you have any questions, concerns or thoughts you would like to share, please feel free to send me an email.

Kindly,






Mrs. Szep- [colink@nv.ccsd.net](mailto:colink@nv.ccsd.net)

**\*\*AN EXTRA NOTE FROM MRS. SZEP\*\***

One of my favorite Las Vegas events is the Las Vegas Science and Technology Festival. If you haven't had a chance to check it out, you really need to. It is such a fun learning experience for all ages. This year it will be on Saturday, May 4th at the World Market Center and it's FREE!!! For more information, check out [www.SciFest.vegas](http://www.SciFest.vegas).

# FEBRUARY 2024

**RANDOM ACTS OF KINDNESS**  
FOUNDATION®

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Leave positive notes on the shelves of a grocery store.	Stay after class to help a teacher clean the classroom.	Take time for yourself when overwhelmed. Take a walk and get a glass of water.	Instead of asking how someone is doing, ask about something good that's happened since the last time you met.	 "Shower" a classmate with an "torrent" of kindness today.	Introduce yourself to someone you haven't met at your school.	Relax and do something you enjoy.																																																																																																		
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Follow The Random Acts of Kindness Foundation on social media for RAK Day activities and resources	Give an envelope containing a gift card to a tea/coffee shop to a teacher with a note inviting them to take some relaxing time.	Today, remember how proud you were of something you did as a child and do it again!	Write a letter or card and mail it to someone who isn't expecting it.	Take \$5 or five \$1 dollar bills and get out in your community and see what opportunities present themselves.	Do something extra kind today!	 Plant a local pollinator friendly plant or flower.																																																																																																		
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Encourage your family members to become a RAKtivist at <a href="http://randomactsofkindness.org">randomactsofkindness.org</a>	Ask your family about their "highs and lows" for the day during a family dinner.	Share positive thoughts with a teacher.	Volunteer to read to a younger student.	 Pass on your favorite books.	Send a text to let someone know you're thinking of them.	Handwrite a note thanking an elder for their impact on your life.																																																																																																		
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Take the day to do whatever YOU want.	Post a happy dance on social media to make others smile.	Wish the first person you see an amazing day.	Send a thank you email to a colleague or supervisor.	Make a playlist filled with happy songs and send it to a friend.																																																																																																				

Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

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# Everyday Preventive Actions Can Help Fight Germs, Like Flu

**FIGHT FLU**



**CDC Says “Take 3” Actions to Fight Flu.**

1. Take time to get a flu vaccine.
2. Take everyday preventive actions that help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.
3. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for older people, young children, people with certain chronic health conditions, and pregnant people.

### *How does flu spread?*

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly eyes. Many other viruses spread the same way. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5 to 7 days.

### *What are everyday preventive actions?*

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after fever is gone except to get medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.



For more information, visit:  
[www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call **1-800-CDC-INFO**



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention